21 Sips To Energize Your Soul

by Paul Turner
If you’re a youth leader who has purchased this material, thanks for investing in your students!

I’d like to share some ideas for using this devotional. Feel free to add your own.

Use this for small group devotions. One sip a day for 21 days.

Use this as a gift for new believers.

Use this as part of a retreat or post retreat followup to keep students on track. (see the Wake Up 21-Day Challenge in the back of this book.)

Keep copies of this available in the youth hall for anyone who wants to pick one up.

Your Idea Here:
If you are a student, get ready…

…for the rush of energy.

The buzz of obedience.

For that amped feeling that say’s “I am getting to know God today.”

For the next 21 days you’re going to take a sip from the promises of God’s Word.

Each sip will energize your faith and challenge you to act on what you’ve read.

Each gulp will refresh your soul and charge your faith.

Knowing God is a Trip. Obeying God is a Rush.

Pop the top and let’s get sipping.
Pop It.

This is where you read the Scripture provided. Read it to yourself. Read it out loud. Stand on a chair and read it again louder. Blog it. Post it. Bulletin it. Whatever it takes, get it in your heart.

Sip It.

Sip don’t chug. Devotion isn’t a speed event. Don’t get the jitters and quickly move on.
Think about each Scripture.
Consider the God who makes these promises.

I’ll give you a few Q’s to soak in before you move on. Use the blanks and the wide margins to write down answers or doodles of some things God is sharing with you as you go.

Do It!

Now you’re feeling it! I’ll make a few suggestions or you’ll make a note or two where you need to blow off some of this spiritual energy you got.

Each Scripture is a promise that you can act on. Obedience to what you read will bring your faith from boring to soaring.

Enjoy the ride.
Day One

Pop It.

Ask and it will be given to you; seek and you will find, knock and the door will be opened to you. For everyone who asks receives, he who seeks finds; and to him who knocks, the door will be opened.

Matthew 7:7,8

(Read this Scripture slowly 3 times.)

Sip It.

What three opportunities does Jesus give you to trust Him?

What do these promises tell you about Jesus?

Do It!

What are you asking God for?

What are you seeking His will for?

What doors of opportunity has God presented you with?
Day One

Pop It.
Underline the words that stick out to you.

Ask and it will be given to you; seek and you will find, knock and the door will be opened to you. For everyone who asks receives, he who seeks finds; and to him who knocks, the door will be opened.

Matthew 7:7,8

What is Jesus inviting you to do?

Sip It.
What do these promises tell you about Jesus?

Do It!
What are you asking God for?
What are you seeking His will for?
What doors of opportunity has God presented to you?
Day Two

Pop It.

Do not set your heart on what you shall eat or drink; do not worry about it. For the pagan world runs after all such things and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

Luke 12:29-31

Sip It.

Pagans were godless people. According to Jesus, what was their focus?

What does Jesus ask believers to focus on?

What does Jesus promise if we do?

Do It!

What’s your focus right now?

Put in order what is important to you.

Are you missing anything from your life?

Could it have anything to do with the order of your list?
Day Two

Pop It.

Circle the “Do Not’s.” Underline the promise.

Do not set your heart on what you shall eat or drink; do not worry about it. For the pagan world runs after all such things and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

Luke 12:29-31

Sip It.

Pagans were godless people. According to Jesus, what was their focus?

What does Jesus ask believers to focus on?

What does Jesus promise if we do?

Do It!

Name three priorities that would get God’s attention and His blessing.
Day Three

Pop It.

I can do everything through Him who gives me strength. 
Philippians 4:13

Sip It.

Ok, not including flying and catching bullets with your teeth, how would you apply this to your daily life?

Do It!

What are three things you have been afraid to do lately?

What does “through Him” mean?

Does it encourage you to know God will strengthen you if you ask?
Day Three

Pop It.

Memorize this short verse.

I can do everything through Him who gives me strength.
Philippians 4:13

Sip It.

Write down the names of three people who need God’s strength. Take a moment to pray for them.

Do It!

List three challenges you will tackle with Christ’s strength this week.
Day Four

Pop It.

Faithful is He who calls you, and He also will bring it to pass.

1 Thessalonians 5:24

Sip It.

Who are the three people you get most excited about getting a call from? Why?

How faithful are these people? Do they always keep their promises?

Do It!

What are you passionate about? Do you think God had something to do with that?

Why or why not?

Does it comfort you to know if God asks you to do something He will help you see it through?
Day Four

Pop It.

Draw a cellphone over the word “calls.”
Draw a cross above the word “faithful.”

Faithful is He who calls you,
and He also will bring it to pass.
1 Thessalonians 5:24

Sip It.

Write down the names of three people
you’d like to get a call from.

Why did you choose these people?

Do It!

Write down, as if you were texting,
three gifts you are willing to serve God with.
Day Five

Pop It.

For God did not give us a spirit of timidity (fear), but a spirit of power, of love, and of self-discipline.

2 Timothy 1:7

Sip It.

If you could create three separate energy drinks that would give you more power, love, and self control, what would you call them?

Do It!

Name some things you feel you never have enough of.

Why do you need power, love, and self control?
Pop It.

Draw a muscle, a heart and a light switch over words that would go with them.

For God did not give us a spirit of timidity (fear), but a spirit of power, of love, and of self-discipline.

2 Timothy 1:7

Sip It.

Write down three names: one person who needs God’s power, one who needs God’s love, and one who need God’s Spirit of self control. Now, pray for them.

Do It!

I need God’s power for:

I need God’s love to:

An area I need self control in is:
Therefore, no condemnation exists for those in Christ Jesus, because the Spirit’s Law of life in Christ Jesus has set you free from the law of sin and death.

Romans 8:1-2

Consider yourself a prisoner on death row. What would you feel if you received a last minute pardon?

What does being “condemned” mean?
How does sin condemn you?
How do you condemn yourself?
Does this mean you get a free pass for any future bad things you do?
Day Six

Pop It.

Draw a set of broken chains below the verse.

Therefore, no condemnation exists for those in Christ Jesus, because the Spirit’s Law of life in Christ Jesus has set you free from the law of sin and death.

Romans 8:1-2

Sip It.

Condemn: To say that someone or something is unacceptable.

What does this make you in Christ’s sight?

Have you ever condemned someone? Why?

Do It!

You do not stand condemned if you are in Christ. Write what this means.
Day Seven

Pop It.

...whatever has been born of God conquers the world. This is the victory that has conquered the world: our faith. And who is the one who conquers the world but the one who believes Jesus is the Son of God?

1 John 5:4

Sip It.

Have you ever been conquered by anything?

What did that feel like?

Do It!

Did John mean the “earth” when he wrote the “world”?

If not, then what?

What does this say verse say about how powerful faith is?
Day Seven

Pop It.

Underline conquered and conquers

...whatever has been born of God conquers the world. This is the victory that has conquered the world: our faith. And who is the one who conquers the world but the one who believes Jesus is the Son of God?

1 John 5:4

Sip It.

Have you ever conquered anything? What was it? What did it take? What did it feel like?

Do It!

Your world is the only one that God will hold you responsible for. Write some challenges that will require faith to overcome.
Day Eight

Pop It.

If we confess our sins, He is faithful and righteous to forgive our sins and to cleanse us from all unrighteousness.” 1 John 1:9

Sip It.

When was the last time you confessed to doing something wrong? How did that turn out?

Do It!

How honest are you when you confess? How do you feel after confessing?

Have you ever confessed and had a negative response?
Day Eight

Pop It.

Underline faithful and righteous. Circle forgive and cleanse.

If we confess our sins, He is faithful and righteous to forgive our sins and to cleanse us from all unrighteousness.”
1 John 1:9

Sip It.

The verse describes two characteristics of God and two actions He takes when you confess. Does this make confession any easier? Why or why not?

Do It!

Has anyone confessed to you lately? What was your response? Use two words to describe your actions. Now give two actions you took towards the person who confessed.

How much was this like or unlike God’s response to you?
Day Nine

Pop It.

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

James 4:7

Sip It.

What does submit mean?

What does resist mean?

Do It!

What’s the hardest part about submitting to God?

What’s the hardest part about resisting temptation?
Day Ten

Pop It.
Circle the words submit and resist.

Submit yourselves therefore to God.
Resist the devil, and he will flee from you.
James 4:7

Sip It.
Are their any areas of your life that you have not submitted to God?
What temptations are toughest for you to resist?

Do It!
Submitting and resisting takes practice.
I’m going to submit my ____________ to God
I’m going to resist _____________ this week
Day Ten

Pop It.

Underline “you are of God.”

You are of God, little children, and have overcome them: because greater is He that is in you, than he that is in the world.

1 John 4:4

Sip It.

God gives you the identity as “His” and the power to overcome. What’s holding you back?

Do It!

Write your name in each of the blanks

_____________________________ is of God

_____________________________ is an overcomer

_____________________________ can over come the world.
Day Eleven

Pop It.
For you are my hope, O Lord God:
You are my trust from my youth.
Psalm 71:5

Sip It.
What was the last thing you hoped for?
Why is hope important to the Christian walk?

Do It!
What does “hope in God” mean?
Why is trusting in God from a young age important?
Day Eleven

Pop It.

Underline “from my youth”
For you are my hope, O Lord God:
You are my trust from my youth.
Psalm 71:5

Sip It.

Is anyone more trustworthy than God?

Do It!

List five ways that you are putting your hope in God.
Day Twelve

Pop It.
You will keep him in perfect peace, whose mind is stayed on You: because he trusts in You.
Isaiah 26:3

Sip It.
What's on your mind right now?
How do you feel? Stressed? Happy?
What is the connection between thinking and feeling?

Do It!
How much do your thoughts add or take away from your peace in God?
How can God's promise to bring you peace?
Day Twelve

Pop It.
Memorize this short verse

You will keep him in perfect peace, whose mind is stayed on You: because he trusts in You.

Isaiah 26:3

Sip It.
What were the circumstances the last time you had perfect peace in your heart?

How does thinking about God bring perfect peace?

Do It!
Choose a promise from the Scripture guide in the back and think about what that verse means.

Read the whole context or story from where that verse was taken.

When your thoughts get rough, think God stuff.
Day Thirteen

Pop It.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth be removed, and though the mountains be carried into the sea.

Psalm 46:1,2

Sip It.

When was the last time you were afraid?

What or who were you afraid of?

How did you deal with that?

Do It!

A “refuge” is a safe place. How can God be your safe place when you are afraid?

How can prayer and God’s Word be helpful during fearful times?
Day Thirteen

Pop It.
Underline “very present.”

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth be removed, and though the mountains be carried into the sea.

Psalm 46:1,2

Sip It.

God is our strength at the very time we need it and during the most extreme times of our lives.

Is there anything going on in your life where this verse can help?

Do It!

I need to be in a safe place with God because:

I need God’s strength now because:

I am thankful for God’s presence because:
Day Fourteen

Pop It.

Then Jesus spoke to them again, saying, “I am the Light of the world. He who follows Me shall not walk in darkness, but have the light of life.”

John 8:12

Sip It.

Have you ever had a tough decision to make?

How did you figure out what to do?

Did you make the right choice?

Do It!

How does this verse help deciding whether something is right or wrong?

What happens when you use other “light sources” such as friends or society as a guide?
Day Fourteen

Pop It.

Underline “light of life.”

Then Jesus spoke to them again, saying, “I am the Light of the world. He who follows Me shall not walk in darkness, but have the light of life.”

John 8:12

Sip It.

God promises two things if we follow Him, what are they?

Do It!

I will not walk in the darkness of:

I have the “light of life”. I will share it by:
Day Fifteen

Pop It.
Give, and it shall be given to you; good measure, pressed down, and shaken together, and running over, shall men give to you. For with the same measure that you measure, it shall be measured to you again. Luke 6:38

Sip It.
What was the last thing you gave away, not wanting anything in return?

How do you measure what and who you give to?

Do It!
God promises a return based on how you give. Does this worry you? Why or why not?

What kind of giving brings you the most joy?
Circle one:

financial (material)
serving (time)
Day Fifteen

Pop It.

Underline “shall men give to you.”
Give, and it shall be given to you; good measure, pressed down, and shaken together, and running over, shall men give to you. For with the same measure that you measure, it shall be measured to you again.
Luke 6:38

Sip It.

Blessings are often seen as coming from God. Has anyone recently blessed you? How?

Do It!

Write names of some people who are in need. Now, set a day as a “give day” and meet as many of these needs as possible.

Give Date:
Day_________ Month_________ Year_________
Day Sixteen

Pop It.

But seek you first the kingdom of God, and his righteousness; and all these things shall be added to you. 

Matthew 6:33

Sip It.

Read Matthew 6:25-32. What “things” will be provided when you focus on God’s kingdom business?

Do It!

God has built in provision for you through giving. How does that change your view of giving?

God’s kingdom is spiritual and physical. Why is meeting physical needs as important as meeting spiritual needs?
Day Sixteen

Pop It.
Underline “these things.”
But seek you first the kingdom of God, and his righteousness; and all these things shall be added to you.  
Matthew 6:33

Sip It.
Write down some daily needs everyone has.

Do It!
Write down a word for each letter that reminds you to seek for heavenly things first.

G ____________________________
I ____________________________
V ____________________________
E ____________________________
Day Seventeen

Pop It.

My grace is sufficient for you: for My strength is made perfect in weakness.
2 Corinthians 12:9

Sip It.

What do you tell yourself when you feel spiritually weak?

How does this verse help you understand your weaknesses?

Do It!

How does this verse change your view of how God views you when you mess up?

Does this verse give you permission to not care about your spiritual walk? Why or why not?
Day Seventeen

Pop It.
Circle grace, sufficient, and strength.

My grace is sufficient for you: for My strength is made perfect in weakness.
2 Corinthians 12:9

Sip It.
What areas of your life need God’s grace?

Next time you fall short, ask God to perfect and give strength to that area of your life.

Do It!
Since God shows you grace and offers strength in your time of weakness, how should you treat others? Write down some names of those you have been less than graceful to and set a date to make things right.

Grace Date:
Day______ Month_______ Year______
Day Eighteen

Pop It.
Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
2 Corinthians 5:17

Sip It.
Have you had a makeover or a before-and-after experience? Choose three words to describe it.

Do It!
The promise of being new is very appealing. Why do people want to be “new”?
Being new is tied to your relationship with Jesus. What do people try do to be “new” without Him?
Day Eighteen

Pop It.

Underline “in Christ.” Circle old and new.

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Corinthians 5:17

Sip It.

Describe your life before and after Christ. Are there any major changes? Small changes?

There should not only be a change in your beliefs, but in your actions as well.

Do It!

What are some of your “old things” (habits) that have passed away?

What are some “new thing” (habits) that have come in?

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Day Nineteen

Pop It.
You shall seek Me, and find Me, when you shall search for Me with all your heart.
Jeremiah 29:13

Sip It.
Have you ever lost something? How long and hard did you look for it? Did you find it?

Do It!
Do you ever feel like God is hiding from you?

How does this verse dispel the myth of a “hiding” God?

What does this verse tell you about God’s character?
Day Nineteen

Pop It.
Underline the word “all.”

You shall seek Me, and find Me, when you shall search for Me with all your heart.
Jeremiah 29:13

Sip It.
The time and effort you spend looking for something is equal to how much you value it.

Do you agree or disagree with that statement? Why or why not?

How does this apply to your relationship with God?

Do It!
Have you lost anything with God lately? His presence? His voice? His favor?
Make your own list and then search with all your heart. He is waiting to be found.
Day Twenty

Pop It.
And this is the confidence that we have in Him, that, if we ask anything according to His will, He hears us. And if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him.
1 John 5:14,15

Sip It.
How did you ask for things when you were a kid? Did you whine? Cry? Throw a royal fit?
How did that work for you?

Do It!
What are the conditions to receiving what you pray for?
What is God’s two-part promise back to you?
Day Twenty

Pop It.

Underline “according to His will”

And this is the confidence that we have in Him, that, if we ask anything according to His will, He hears us. And if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him.

1 John 5:14,15

Sip It.

Whatever worked on your parents will not work with God. God responds when we ask within His will. What kind of prayers have you been praying lately? Are they more about His will or yours?

Do It!

Write down a recent prayer request that centered on your will.

Re-write the prayer request so that it is more in line with God’s will.
Day Twenty-One

Pop It.

The grass withers, the flower fades: but the Word of our God shall stand forever. *Isaiah 40:8*

Sip It.

What gum has the longest-lasting flavor?

What energy drink keeps you awake the longest? How long?

Do It!

The Bible has been around for thousands of years. Does knowing that Scripture makes a promise to be around forever give your faith a boost?

If you trust His Word every day, starting today, what will your faith look like twenty years from now?
Day Twenty-One

Pop It.
Underline “stands forever.”

The grass withers, the flower fades: but the Word of our God shall stand forever.
Isaiah 40:8

Sip It.
Both gum and energy drinks run out of:

What have you been running out of lately?

Do It!
God’s Word stands for ever.
List what you are running out of – such as love, patience, kindness etc.
Then go to the Lord in prayer and fill up.
Congratulations! You Did It!
You amped up your faith for 21 days!

Remember, God’s Word is like an energy drink for your soul.

It never runs out and there is no bad aftertaste.

Go to your youth leader or parents and get them to sign your achievement award on the next page.
(your name here) successfully completed the Wake Up 21-Day Challenge

I certify that I read the Scriptures, prayed, and answered the questions in my devotions.

(Your signature)

I certify that this student has completed the Wake Up 21 Day Challenge.

(youth leader’s or parent’s signature)
Thanks for picking up this devotion. I wrote it especially for you. It’s my desire to see all students encouraged in their faith.

Be on the lookout for other 21-Day Challenges at thediscipleproject.net.

Sincerely,

Paul Turner

You can contact me at

thediscipleproject@gmail.com

or

myspace.com/bamayouthpastor
21 Promises At A Glance

Matthew 7:7-8
Luke 12:29-31
Philippians 4:13
1 Thessalonians 5:24
2 Timothy 1:7
Romans 8:1-2
1 John 5:4
1 John 1:9
James 4:7
1 John 4:4
Psalm 71:5
Isaiah 26:3
Psalm 46:1-2
John 8:12
Luke 6:38
Matthew 6:33
2 Corinthians 12:9
2 Corinthians 5:17
Jeremiah 29:13
1 John 5:14-15
Isaiah 40:8

Two More Ideas:
Write each of these Scriptures on an index card and memorize one a week.

Put one of these Scriptures on your social network each week to remind you (and others) of God’s powerful promises.